

# Tender Times

*"The newsletter for USS FRANK CABLE (AS 40) crewmembers and their families."*



3rd Quarter 2010

**APRA HARBOR, Guam (May 28, 2010)** Sailors stationed onboard USS Frank Cable (AS 40) closed this year's Navy-Marine Corps Relief Society (NMCRS) Fund Drive May 28<sup>th</sup> with a week-long fundraising extravaganza.

The NMCRS representatives and fundraising leaders hosted three major

## 'Fun'd Drive for Sailors in Need

*Story and photos by Mass Communications Specialist (SW) Seaman Trevor Welsh*

events to once again set the bar for funds raised by Frank Cable during a NMCRS fund drive.

The fundraising events for the week started with the dunk tank. Sailors raised money to see their favorite Shipmate sit inside the dunk tank and then made donations to throw softballs to knock them in the water. The second was definitely a "fund razor".

"For a hair-raising event, the XO (executive officer), CMC (command master chief), Supply Officer, and Ship's Medical Officer volunteered for the fund razor," said CDR Michael Renegar, Frank Cable Supply Officer.

"Approximately five thousand dollars worth of donations were raised to see these individuals have their heads shaved on the shipboard closed-circuit television."

The event that closed the NMCRS fund drive season was a 4-person scramble golf tournament at Admiral Nimitz Golf Course. Teams of Sailors competed to raise money for a good cause.

"It's nice to come out here on a beautiful day for a good cause," said Chief Electronics Technician Thom Duncan. "We get to enjoy ourselves and help out shipmates in need at the same time."

STORY CONTINUED ON PG. 3

## FEATURES

From the Desk of the CO	Pg. 2
From the Deckplates with the CMC	Pg. 3
From the Ombudsmen	Pg. 4
Advancement	Pg. 4
Bravo Zulu!	Pg. 5
Frank Cable Gym Open	Pg. 6
FRANK CABLE Events	Pg. 7
From The Family Readiness Group	Pg. 8

## TRIVIA

Who was the first Sailor to step foot on the moon?

*Answer on Pg. 6*



*USS Frank Cable (AS40) Sailor Machinery Repairman Fireman Takilla Alexander shaves the head of Supply Officer Cdr. Michael Renegar during the Navy Marine Corps Relief Society (NMCRS) "Fund Razor" event. U.S. Navy Photo By Mass Communications Specialist (SW) Seaman Trevor Welsh.*

# From the Desk

## Of the Commanding Officer



### *Hafa Adai USS Frank Cable Sailors & Families,*

I am proud to announce that the Frank Cable has once again been recognized for its exceptional achievements. The ship was awarded the 2009 Afloat Safety Award and the 2009 Environmental Excellence Award by the Chief of Naval Operations.

Additionally, the ship was awarded for the second year in a row by the Chief of Naval Operations for the Field-Level Maintenance Award as one of the top two maintenance organizations of its size. We will be competing with other military activities for the second year in a row for the Department of Defense Field-Level Maintenance award for 2010. Last but not least, the Supply Department was awarded the Ship's Store Excellence award for 2009. These awards are not what we work so hard for each and every day, but are a great acknowledgement of the tremendous quality and quantity of work done by the crew of the USS Frank Cable each and every day. Congratulations to all hands for these prestigious awards.

We are currently half way through our Maritime Sealift Command Conversion period. Guam Shipyard and a host of other organizations have teamed up to do a tremendous amount of quality work in a short period of time. Most importantly, we have not had a single shipyard related injury. We are currently on track to complete this conversion period on time in early September. We will go on sea trials upon completion of all work, and then conduct a one month training and voyage repair period. We are currently working with our Operational Commander to schedule an underway in November for a few weeks to include liberty in

a foreign port. Once the exact dates and place are determined we will get the details out to all hands as soon as possible.

Finally, there is one tremendous achievement that each and every crew member and their families should be very proud of. The entire chain of command has been working hard to deglamorize alcohol and minimize our alcohol related incident rate. Not only does this ensure that all hands are safer on liberty, but ensures that our family, friends, and innocent bystanders are safe as well. We have currently gone over 5 months without a DUI and recently went over 96 days without any type of Alcohol Related Incident. In fact the Frank Cable's DUI rate is the lowest among all submarine commands in the U.S. Navy, which includes almost 20,000 Sailors. This is a tremendous achievement considering how many young Sailors we have onboard Frank Cable, and the fact that we are the only homeport with an 18 year old drinking age. This means that not only is each of us being more responsible with our use of alcohol, but we are taking excellent care of our shipmates.

As always, I encourage each and every family that is in need of assistance, or simply has questions about anything related to Navy life to contact our excellent Ombudsmen. The Ombudsmen contact information is provided on page 4. Additionally, we have several volunteers who have dedicated a lot of their spare time to rebuild the Frank Cable Family Readiness Group (FRG). I highly encourage all spouses to join this great group of people. Information on the FRG is provided on page 8. Please give this group a chance to help improve your Quality of Life.

CAPT Tom Stanley

NAUTICAL TERM NAUTICAL TERM NAVY NAUTICAL TERM NAUTICAL TERM NAUTICAL TERM

**"CAPTAIN'S MAST"** - The term "mast" refers to the ceremony that takes place when the captain awards non-judicial punishment for regulation infractions or official recognition for "jobs well done." In the days of sail, ceremonies were held under the mainmast on a regular basis and usually on a Sunday morning just before divine services. Consequently, the ceremony came to be known as "mast" in recognition of the locality of the presentation.



# From the Deckplates

*With the Command Master Chief*



## *Greetings FRANK CABLE Sailors, Families and Friends,*

As we progress through the summer months and our families are enjoying the beaches, Frank Cable is in the final months of our maintenance availability. Soon we will be making preparations for getting the ship underway to test new systems and re-establish our proficiency at operating

the ship at sea. There are a few significant mile stones that you need to be aware of as we get ready to take the ship to sea again. One of the most important of these is our ships Galley. This one is important because it will impact your paycheck. We expect to resume feeding the crew on board by mid to late August. This means that July will be the final month that Frank Cable Sailors will receive Basic Allowance for Sustenance (BAS) as part of their paycheck. They will receive a partial month payment for August based

on the total number of days the ship's galley is not available. You have received this extra money since October 15<sup>th</sup> 2009, but please realize this source of funds will stop soon. Please take this opportunity to look at your family budget and plan ahead.

Along with a lot of hard work we will have a few opportunities to relax and have some fun too. The Island's 325th Navy Ball is scheduled for Saturday, October 9<sup>th</sup> at Leo Palace. Tickets will be available in late August or early September. Seats will be limited, so please plan ahead. Last year Frank Cable only receive 150 total tickets. We will inform you as soon as tickets are available.

As always I am proud of the FRANK CABLE Crew, their professionalism, accomplishments and dedication to mission accomplishment. The Crew would not be successful without your love and support. I look forward to seeing all of you again at our next family event.

"FUND RAISER" CONTINUED FROM PG. 1

The Navy-Marine Corps Relief Society was founded in 1904. It is a private non-profit charitable organization and is sponsored by the Department of the Navy. The work of the Society is supported by the Secretary of the Navy's annual fund drive conducted by the Navy and Marine Corps.

According to ENS Will Trefren, Frank Cable's NMCRS Fund Drive Coordinator, this year's fundraising events and additional contributions as of May 24<sup>th</sup> have totaled nearly \$45,000 since March 26<sup>th</sup>, and this drive is estimated to be the most successful for the ship this decade.

"Sailors really stepped forward this year and set the bar extremely high with outstanding participation by everyone," said Renegar. "Plus, all the fun and camaraderie generating donations that will be used to assist and support Sailors and Marines during emergencies."

Although sponsored by the Department of the Navy, the Society is a private non-profit organization whose programs are totally funded by charitable contributions.





# Ombudsman



## *Typhoon Season Is Here, Are You Ready?*

Preparing in advance could keep an emergency from becoming a disaster for you and your family. Take these simple steps to prepare.

**Be informed:** Stay informed through local and base media channels and websites, for specific instructions or information regarding the weather. Being informed can make all the difference.

- For local weather on Guam call phone number **211**.
- USS FRANK CABLE Care line **343-HELP** or **4357**.
- Visit the USS FRANK CABLE Ombudsman facebook page.
- For base information call **339-INFO** or **4636**.
- Tune into **K-57 AM** for weather updates.
- For all local weather and warnings visit:  
<http://www.prh.noaa.gov/pr/guam>    <http://www.guam.navy.mil/weather/metoc>  
<http://forecast.weather.gov/MapClick.php?zoneid=GUZ001>

**Have a plan:** One of the most important tools you and your family can have to protect yourself in possible emergencies is a Family Emergency Plan.

- Identify places to meet.
- Have current contact information for all family members.
- Be sure to have a plan to care for your pets as well.
- Practice your plan.
- The ship will most likely deploy in the event of a typhoon, so service members should ensure their page 2 is always updated.

**Make a kit:** Now is the time to make your preparations. Avoid the big rush that always occurs just before the first storm arrives and buy you typhoon supplies now while they are still in stock. Items to consider for your typhoon locker should include:

- |                                       |                          |                      |                          |
|---------------------------------------|--------------------------|----------------------|--------------------------|
| · Canned food                         | · Toilet paper           | · Battery operated   | · Charcoal               |
| · Plenty of water                     | · Battery operated alarm | radio                | · Matches                |
| · Canned juices, coffee, tea and milk | clock                    | · Corded telephone   | · Hand and dish soap     |
| · Disposable plates, cups, and        | · Medication             | · Bleach             | · Special needs for      |
| utensils                              | · First aid kit          | · Batteries          | infants                  |
| · Paper towels                        | · Flashlight             | · Portable ice chest | · Special needs for pets |

For additional information contact your Command Ombudsman at [www.cableomb@yahoo.com](mailto:www.cableomb@yahoo.com) or you may contact them at the following numbers:

**Jacqueline Braunesreither 678-0752 | Heather Moran 688-7584 | Danielle Roest 687-1644**



## Advancements



IT1 Alfred Banayat  
MM1 Nickolas Dean  
HM1 Ted Gutierrez  
BM1 Bhim Koirala  
MM1 Nick Mobley  
EM1 Brian Murray  
IT1 Melanie Pierce  
ND1 James Reeves  
HT1 James Rossetto  
BM1 Jorge Ruiz  
LS1 Don Salamero  
EM1 Christian Ventura  
ND2 Thomas Barr  
LN2 Paul Dunne

ND2 Michael Fox  
MM2 Tyler Hillin  
EM2 Alexander Jackson  
BM2 Paul Lembo  
ND2 Jonathan Miranda  
LS2 Arvin Quiambao  
ND2 William Rawls  
ND2 Colin Richards  
ND2 Daniel Sala  
MC2 Jacob Sippel  
GM2 Sethan Sprague  
ET2 Jason Villanueva  
BM3 Justin Bey  
SH3 Yao Chen

SH3 Michael Colvin  
HT3 Christopher Conner  
GM3 Kristen Crane  
MC3 Samantha Crosson  
OS3 Cory Garey  
IT3 James Gately  
LS3 Nicholas Gear  
IT3 Eric Gonzales  
IC3 Jeremy Jackson  
HT3 Nathan Krichbaum  
RP3 Rondele Logan  
LS3 Ann Marzo  
HT3 Emmanuel Moreno  
IC3 Charles Parsons

GM3 Lisa Potrykus  
LS3 Graham Pridham  
LS3 Clifford Pugh  
GM3 Kyle Rienfeld  
HT3 Lydia Ruiz  
LS3 Nickalos Shine  
IC3 Michael Triggs  
OS3 Tyler Vollmar  
LS3 Kamron White  
HT3 Keith Willis  
LS3 Larry Young Jr  
GM3 Michael Zimmerman

# Bravo Zulu!

## Navy & Marine Corps Commendation Medal



LCDR Sterlitz  
LT Torres  
LT Woodcock

LTJG Jones  
LTJG Soiles  
CWO3 Moore

CWO3 Roberts  
ETCS Biggin  
EMCS Strozier

MR1 Bergstraser  
MA1 Foster  
HT1 McKinney

MM1 Murciano  
IC1 Torres

## Navy & Marine Corps Achievement Medal



LT Fugett  
LT McNeil  
LT Sangiorgi  
LTJG Dumas  
LTJG Nagorniuk  
ITC Cosey  
CSC Fuhlrodt  
HTC Hickey  
CSC Jacob  
MMC O'Quin  
ETC Wallace  
SH1 Ahner  
BM1 Bautista  
CS1 Biscocho  
QM1 Collins  
MM1 Conner  
GM1 Elliott  
OS1 Gillespie  
EN1 Graves

HM1 Halwany  
MM1 Hammel  
MC1 Heavner  
HM1 Liwanag  
ND1 Marshall  
IC1 McCarthy  
DC1 Meneses  
MR1 Morrison  
MM1 Sullivan  
MM1 Swynenberg  
MM1 Wilson  
EM2 Alano  
IT2 Beckham  
GM2 Biessel  
HT2 Bruner  
MM2 Cartmell  
IT2 Conner  
MM2 Constantino  
YN2 Cooper

RP2 Cuffee  
MM2 Gester  
HT2 Gibbs  
MM2 Gonzales  
MM2 Huey  
ND2 Jensen  
ND2 Maggs  
IT2 Marlin  
MR2 McClure  
ND2 McMillen  
EM2 McNair  
HM2 McNeely  
GM2 Mendiola  
ET2 Moore  
OS2 Morris  
YN2 Murray  
GM2 Needham  
GM2 Oday  
MM2 Pearson

IT2 Pierce  
IT2 Porter  
IT2 Ramires  
MM2 Reyes  
HT2 Robinette  
ET2 Rogan  
IT2 Rogers  
IT2 Santana  
IT2 Schiller  
IT2 Schnaitmannr  
MR2 Shomshor  
HT2 Voigt  
ET2 Wood  
BM3 Becker  
EN3 Bivins  
MM3 Caseja  
BM3 Davis  
HT3 Denton  
BM3 Fornoff

EN3 Gass  
MM3 Havinek  
LS3 Jones  
EN3 Juarez  
MM3 Kithome  
HT3 Ooms  
MC3 Sippel  
MM3 Simsuangco  
GM3 Turrubiarres  
MM3 Vergara  
BM3 Weiss  
MM3 Yumul  
DCFN Erisman  
SHSN Hunt  
MMFN Lane  
CSSN Whitted

## Newest Surface Warfare Officers



LT Fugett

LTJG Nagorniuk

## Newest Surface Warfare Medical Officers



LT Fitzharris

LT Sheep

## Newest Surface Warriors



MMC(SS/SW) Hawley  
HM1(SW) Byfield  
ET1(SW) Miller  
HT1(SW) Moran  
MM1(SW/SS) Swynenberg  
DC2(SW) Cole  
ET2(SW) Freyne  
GM2(SW) Millis  
ND2(SW) Petrea

MM2(SW) Rubio  
ND2(SW) Tracy  
GM2(SW) Turrubiarres  
HT3(SW) Conley  
ET3(SW) Crawford  
MA3(SW) DeCarlo  
EM3(SW) Gallagher  
HM3(SW) Gomez  
ET3(SW) Guinto

EM3(SW) Harris  
HM3(SW) Haynes  
HT3(SW) Irby  
HT3(SW) Gann  
HT3(SW) Gutierrez  
GM3(SW) Leos  
ET3(SW) Loeffler  
QM3(SW) Mabon  
MM3(SW) McCann

EM3(SW) Miller  
MC3(SW) Sippel  
MA3(SW) Taylor  
BM3(SW) Rattanaon  
SN(SW) Bey  
PSSN(SW) Chester  
HTFN(SW) Habibullah  
LSSN(SW) Krueger  
SN(SW) Martinez

YNSN(SW) Navarro  
HTFN(SW) Pope  
MMFN(SW) Seiber  
HTFN(SW) Swartz  
LSSN(SW) Young



# Frank Cable gym is open for business

Story and photo by Mass Communications Specialist (SW) Seaman Trevor Welsh



USS Frank Cable (AS 40) Sailor Gunner's Mate Second Class Joshua Wiley works out in the ship's gym April 8<sup>th</sup>.

**APRA HARBOR, Guam (April 20, 2010)** USS Frank Cable (AS 40) Morale, Welfare and Recreation Division opened the shipboard gym April 5th after more than five months of refurbishment and equipment replacement.

Funding through Commander, Naval Installations Command (CNIC) provided approximately 300,000 dollars of funding to do a 100 percent equipment replacement and upgrade while ships force refurbished the shipboard space to better serve the crew and placement of the additional equipment.

"Whether on big Navy or on the ship, I'm in the gym everyday," said avid gym user Operations Specialist Second Class (SW) William Morris. "I always thought the gym on the ship could use some improvements, but I never expected it to turn out this good. It's really great."

The current Frank Cable overhaul and Military Sealift Command integration provided the perfect time to make

many needed equipment and material condition upgrades to the ship's gym.

"The gym looks a lot better than the old one," said Senior Chief Logistics Specialist (SW) Mackarl S. Manuel, Frank Cable MWR Representative. "The repainting made the gym brighter overall, and, with all the brand new equipment provided by CNIC, most Sailors are appreciating the vast improvement of the whole gym."

Although the equipment was replaced, the old gym equipment did not go to waste. Frank Cable MWR held an auction to sell the old gym equipment in October to allow for space upgrades and to make room for the new equipment. Profits from the auction totaled more than 13,000 dollars.

The new gym is one of many upgrades to Frank Cable that have happened and will continue during this shipyard period.

Trivia answer: Neil Armstrong



## Frank Cable Events



**Asian-Pacific Heritage Month**  
Photo by MC2(SW/AW) Bland



**Command Physical Training**  
Photo by MCSN(SW) Welsh



**McCool Elementary Middle School Science Fair**  
Photo by MC3(SW) Sippel



**Medical Community Relation**  
Photo by MC1 Nobeza



**Southern High School Career Day**  
Photo by MC2(SW/AW) Bland



**Special Olympic**  
Photo by MC3 Burns

## *A Word From The FRANK CABLE Family Readiness Group*

Hello from your USS FRANK CABLE Family Readiness Group. We hope that you are enjoying your summer and having fun.

Here is an update on some of the activities that we have been doing:

At our June meeting, we decorated t-shirts for the 4th of July Parade. Everyone had fun showing off their artistic abilities.

Our monthly luncheon was held at Jamaican Grill. The food was delicious and it was great to sit around and chat with everyone.

Congratulations go out to the new parents and newest members of the USS FRANK CABLE family. A big thank you goes to the volunteers who helped cook meals for these families. Twice a week for 3 weeks, families have been treated to a home-cooked meal. If you know someone who is expecting a new baby and would like Meals for New Moms to make dinners for them, please email us with their information.

The FRANK CABLE FRG will be hosting an Evening Gown Fundraiser and we are in need of gently worn

evening gowns. Any and all donations will be accepted and greatly appreciated! We know that sometimes buying that stunning special occasion dress can be hard or just plain impossible so we are here to help. The event will be held late summer/early fall in plenty of time for the Khaki Ball, Navy Ball and Command Christmas Parties. All those who donate will be given a "pass" to shop the day before the actual sale. This will give you first pick to find yourself a new dress before the sale is open to the public. Please pass the word along to all your friends. They do not have to be Cable Spouses to donate.

Contact us via email at [cablefrg@gmail.com](mailto:cablefrg@gmail.com) with any questions, suggestions or to volunteer and participate in any of our programs or events.

Visit our website [www.cablefrg.yuku.com](http://www.cablefrg.yuku.com) to learn more about the FRG and the area.

You can also look for us on Facebook by searching "USS FRANK CABLE Families".

We look forward to meeting you and your family in the near future. Don't forget to join our Social Roster by sending us an email at [cablefrg@gmail.com](mailto:cablefrg@gmail.com) so you will get the latest information on all our upcoming events.

# Tender Times

### Public Affairs Officer

LT Greg Tiner

### Commanding Officer

CAPT Tom Stanley

### Editor

MCC(SW/AW) Jennifer Walker

### Contributing Staff

MC1 Melvin Nobeza

MC3 Shannon Burns

MC2(SW/AW) Catherine Bland

MC3 Samantha Crosson

MC2(AW) David Krigbaum

MCSN(SW) Trevor Welsh

*The Tender Times* is an authorized, unofficial publication for the crew and the family of USS FRANK CABLE (AS 40). The newsletter content is provided, prepared, and edited by FRANK CABLE personnel and does not necessarily reflect the official views of, or endorsement by the U.S. Government, Department of the Defense, or Department of the Navy.

The Public Affairs Office can be found at 02-135-2-Q and may be contacted at either x7507 or e-mail webmaster.